



MONSTER Veggie Burgers



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1 eggs
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon paprika smoked
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon coarse salt (kosher or sea)
- ☐ 1 cup pkt spinach fresh chopped

- ☐ 0.5 cup carrots shredded
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup panko bread crumbs
- ☐ 2 tablespoons canola oil
- ☐ 1 halves cilantro leaves sweet (avocado , cilantro leaves, cucumber slices, tomato slices, pepper strips, lettuce leaves)
- ☐ 1 serving balsamic vinaigrette salad dressing (spicy mustard, sriracha, ketchup, citrus vinaigrette)

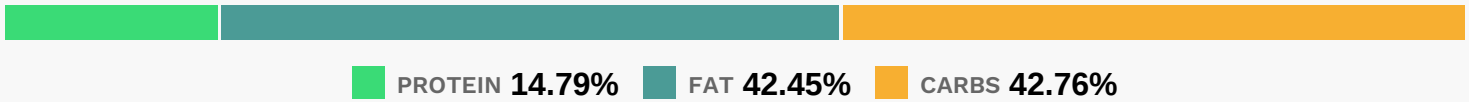
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In food processor bowl, place chickpeas, egg, garlic, smoked paprika, coriander, cumin and salt. Cover; process with on-and-off pulses about 45 seconds or until nearly smooth. Stir together bean mixture, spinach, carrot and cilantro until well combined. Stir in bread crumbs. Shape mixture into 4 patties, about 3 1/2 inches in diameter and 1/2 inch thick.
- ☐ In 10-inch nonstick skillet, heat 2 tablespoons canola oil over medium heat until hot. Cook patties in oil 8 to 10 minutes, turning once, until brown and crisp.
- ☐ Serve veggie burgers stacked with toppings and drizzled with sauce.

Nutrition Facts



Properties

Glycemic Index:58.29, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:16.696956354639%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 229.32kcal (11.47%), Fat: 11.08g (17.04%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 18.98g (6.9%), Sugar: 1.6g (1.78%), Cholesterol: 40.92mg (13.64%), Sodium: 702.35mg (30.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.37%), Vitamin A: 3731.46IU (74.63%), Manganese: 1.1mg (55.12%), Vitamin K: 46.17µg (43.97%), Vitamin B6: 0.59mg (29.68%), Fiber: 6.13g (24.52%), Folate: 61.95µg (15.49%), Iron: 2.63mg (14.61%), Phosphorus: 139.87mg (13.99%), Selenium: 8.65µg (12.36%), Vitamin E: 1.78mg (11.9%), Magnesium: 45.65mg (11.41%), Copper: 0.23mg (11.39%), Vitamin B1: 0.17mg (11.28%), Potassium: 307.84mg (8.8%), Vitamin B2: 0.14mg (8.49%), Calcium: 83.75mg (8.37%), Zinc: 1.17mg (7.83%), Vitamin B5: 0.62mg (6.17%), Vitamin B3: 1.18mg (5.91%), Vitamin C: 3.59mg (4.35%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.22µg (1.47%)